

Head Start and After School Snack Menu

March 2019

1

Benefit Bar

Milk

4

UBR Cookie

Milk

5

Baby Carrots with Ranch

Teddy Graham Crackers

6

Heartzel Pretzels

Milk

7

Strawberry Banana
Yogurt

Jungle Animal Crakers

8

No School

11

Apple Cinnamon Muffin

Milk

12

Pear

String Cheese

13

Double Chocolate
Oatmeal Bar

Milk

14

Scooby Doo Crackers

String Cheese

15

Baby Carrots with
Ranch

Cheese Cubes

18

Chocolate Chip Muffin

Milk

19

Juice

Jungle Crackers

20

Strawberry Craisins

Goldfish Crackers

21

Heartzel Pretzel

String Cheese

22

UBR cinnamon bar

Milk

25

Snack Mix

Milk

26

Strawberry Yogurt
Chex

String Cheese

27

Baby Carrots with
Ranch

Goldfish Pretzels

28

Yogurt

Animal Crackers

29

Blueberry Muffin

Milk

Make sure to get plenty of rest each night!

Healthy snacks are a great way to boost energy!